

Lemon Blueberry Muffins

*This recipe is taken from the Run Fast Eat Slow cookbook

Ingredients:

- 2 cups almond flour
- 1 1/2 cups old fashioned rolled oats
- 3 tablespoons of chia seeds
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3 eggs
- 1 cup grated carrots
- 1/4-1/2 cup honey
- Zest of 1 lemon
- The juice of 2 lemons (1/4 cup)
- 1/4 cup avocado oil or virgin coconut oil
- 1 cup of blueberries



Instructions

1. Preheat oven to 350F. Line a standard muffin tin with muffin cups or oil
2. In large bowl, combine almond flour, oats, chia seeds, baking soda, and salt
3. In separate bowl, mix together eggs, carrot, honey, lemon zest, lemon juice, and oil. Add the dry ingredients, mixing until just combined. Stir in blueberries.
4. Spoon the batter into the muffin cups. Bake for about 25-30 minutes. Store in the refrigerator after a day.